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AUTHOR	Graham, Stedman
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ABSTRACT

Noting that during the teenage years, adolescents may be faced with life-changing decisions and challenges, this book guides adolescent readers to a better understanding of themselves, their strengths, and their desires, while helping them to devise and achieve plans for realizing their visions. The book bridges the gap between education and the real world, and provides teens with the means to boost self-esteem, avoid peer pressure, and handle daily stresses that come with being a young adult. The book's first chapter explores the success process, outlining the nine steps to success and emphasizing the importance of believing in possibilities. The remaining chapters each correspond to one of the nine steps as follows: (1) "Check Your ID," on the role of self-knowledge and self-understanding in overcoming obstacles and thinking positively; (2) "Create Your Vision," on determining what you want to achieve and setting goals to get it; (3) "Develop Your Travel Plan," on planning steps to achieving goals and staying on track; (4) "Master the Rules of the Road," on tools (determination, conscience, willpower, imagination, balance) and rules (be honest, do the work required, maintain a positive attitude, take time to think things through, look at the big picture) for achieving goals; (5) "Step into the Outer Limits," on extending our limits, calculating risk and overcoming fear, and learning from failure and criticism; (6) "Pilot the Seasons of Change," on understanding the process of change and the stages for adapting to change: letting go, sticking to your plans, holding on tight, and blossoming and growing; (7) "Build Your Dream Team," on identifying those who can help you achieve goals, using teamwork to reach goals, building trust, and maintaining and supporting relationships; (8) "Win by a Decision," on shaping your life through your decisions, recognizing good and bad decisions, and taking steps in the Winning-by-a-Decision process; and (9) "Commit to Your Vision," on committing to better your life, keeping and honoring your commitments, and committing to excellence. The book concludes with an epilogue highlighting a school-wide project to improve a Wisconsin community using the Success Process. (HTH)

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